

Fitness Class & Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
270001-A1/2 6-7 a.m. Spin w/ Paul	270011-A1/2 5:35-6:20 a.m. 15-15-15 w/ Eileen	270001-A1/2 6-7 a.m. Spin w/ Paul	270021-A1/2 5:35-6:20 a.m. Yoga Boost w/ Eileen	270001-A1/2 6-7 a.m. Spin w/ Paul	270007-A1/2 5:45-7 a.m. Core Spin w/ Kathy	270025-B1/2 8:15-9:15 a.m. All Levels Yoga w/ Patty
270016-A1/2 7-8 a.m. MCC Pump w/ Elle <i>*gymnasium</i>	270025-C1/2 8-9 a.m. All Levels Yoga w/ Patty		270016-B1/2 7-8 a.m. MCC Pump w/ Elle <i>*gymnasium</i>		270037-B1/2 7:15-8:15 a.m. Water Fitness I w/ Kathy	 270014-B1/2 9:30-10:30 a.m. Functional Strength w/ Connie/Christian
270035-A1/2 8:35-9:35 a.m. 20-20-20 Cardio w/ Kathy	270037-A1/2 8:35-9:35 a.m. Water Fitness I w/ Kathy	270038-A1/2 8:30-9:30 a.m. Aqua Zumba w/ Patty F.	270025-C1/2 8-9 a.m. All Levels Yoga w/ Patty	270036-C1/2 9:30-10:30 a.m. Aqua Power w/ Connie	270001-C1/2 7:30-8:30 a.m. Spin w/ Todd	270033-A1/2 10:45-11:45 a.m. Zumba Toning w/ Patty F.
270039-A1/2 9:45-10:45 a.m. Water Fitness II w/ Kathy	270019-A1/2 9:45-10:45 a.m. Body Toning w/ Kathy	270032-B1/2 9:15-10:15 a.m. Salsa Fit w/ Kelly	 270037-A1/2 8:35-9:35 a.m. Water Fitness I w/ Kathy	270008-B1/2 10:45-11:45 a.m. Step & Strength w/ Connie		220002-A 12:30-1:15 p.m. Creative Movement w/ Mia & Co.
270040-A1/2 11:15 - noon Aqua Pi-Yo/Tone w/ Kathy	270052-A1/2 10:50-11:50 a.m. Mat Pilates w/ Connie	270046-A1/2 10:30-11:30 a.m. Gentle Yoga Flow w/ Sharon	270019-A1/2 9:45-10:45 a.m. Body Toning w/ Kathy	270026-B1/2 noon-1:15 p.m. All Levels Yoga Flow w/ Nancy	 270026-C1/2 9:30-10:45 a.m. All Levels Yoga Flow w/ Sharon	220045-A 1:20-2:05 p.m. Pre-Ballet w/ Mia & Co.
	270041-A1/2 10:45-11:30 a.m. Aqua Therapy w/ Dorinda	270090-A1/2 noon-12:30 p.m. Midday Blast w/ Jess <i>*gymnasium</i>	270052-B1/2 10:50-11:50 a.m. Mat Pilates w/ Kathy	270034-C1/2 1:30-2:30 p.m. Zumba w/ Amy		220046-A 2:10-2:55 p.m. Ballet I w/ Mia & Co.
270066-A1/2 2-2:45 p.m. Aqua Arthritis w/ Lizzie	270041-B1/2 11:35-12:20 p.m. Aqua Therapy w/ Dorinda	270090-B1/2 12:30-1 p.m. Midday Blast w/ Jess <i>*gymnasium</i>	 270041-A1/2 10:45-11:30 p.m. Aqua Therapy w/ Dorinda		 270034-D1/2 11a.m.-noon Zumba w/ Amy	220047-A 3-3:45 p.m. Ballet II w/ Mia & Co.
270027-A1/2 4:15-5:15 p.m. Intermediate Mat Pilates w/ Margherita	270028-A1/2 Noon-1:15 p.m. Yoga1-2 w/ Sharon	270066-B1/2 2-2:45 p.m. Aqua Arthritis w/ Lizzie	270041-B1/2 11:35-12:20 p.m. Aqua Therapy w/ Dorinda			
270008-A1/2 5:20-6:20 p.m. Step and Strength w/ Jodi	270047-A1/2 3:45-4:45 p.m. Pi-Yo w/ Patty	270048-A1/2 4:15-5:15 p.m. Get with the Flow Yo-Pi-Let w/ Nanette	270047-A1/2 3:45-4:45 p.m. Pi-Yo w/ Patty			
270025-A1/2 6:30-7:45 p.m. All Levels Yoga w/ Sharon	270001-B1/2 5-6 p.m. Spin w/ Todd	270055-A1/2 5:20-6:20 p.m. Corefusion w/ Dorinda	270051-A1/2 5:30-6 p.m. Step Express w/ Anne	270036-D1/2 6:30-7:15 p.m. Aqua Power w/ Lizzie	<div> <h2>Block Schedule</h2> <h3>Fall 2011</h3> <h2>Session 1 Runs</h2> <h3>Sept. 6 – Oct. 23</h3> <h2>Session 2 Runs</h2> <h3>Oct. 24 – Dec. 18</h3> <p>Unless otherwise noted in class description</p> <p> Child care is open for children ages 1-7 during these classes</p> </div>	
270036-A1/2 6:30-7:30 p.m. Aqua Power w/ Lizzie	 270026-A1/2 6:15-7:15 p.m. All Levels Flow Yoga w/ Nancy	270005-A1 6:30-7:15 p.m. Ability Fitness w/ Karen & Paul	270014-A1/2 6-6:45 p.m. Functional Strength w/ Anne	270076-A1/2 7:30-8:30 p.m. Zumba Gold w/ Patty F.		
	270034-A1/2 6:15-7:15 p.m. Zumba w/ Amy <i>*gymnasium</i>	270036-B1/2 6:30-7:30 p.m. Aqua Power w/ Lizzie	270032-A1/2 7:30-8:30 p.m. Salsa Fit w/ Kelly			
		270034-B1/2 7:30-8:30 p.m. Zumba w/ Amy	270029-A1/2 6-7:15 p.m. 1st Year Tai Chi w/ George <i>*comm. room</i>			
			270030-A1/2 7:30-8:45 p.m. Cont. Tai Chi w/ George <i>*comm room</i>			